



State of Connecticut
Department of Developmental Services
460 Capital Avenue, Hartford, CT 06106

Provider Profile

Exclusively Personal

47 Circuit Ave.
Waterbury CT 06708

Phone: (203)596-1250 Ext

Fax :

Toll Free:

TD Phone:

Corporation Type: For Profit Corp

Director Name: Jacelyn Mitchell

E-Mail: jdmitchell4489@sbcglobal.net

People Served: 25 to 100 people

Contact: Jacelyn Denise Mitchell

Contact Phone: (203) 596-1250

Contact Email: jdmitchell4489@sbcglobal.net

Accepting new people? Yes

Web Address: www.superpages.com

The agency is qualified to provide the services listed below:

- | | |
|------------------------------------------------------------------|-------------------------------------------------------|
| <input checked="" type="checkbox"/> Adult Companion | <input type="checkbox"/> Interpreter Services |
| <input type="checkbox"/> Adult Day Health | <input type="checkbox"/> Live In Care Giver |
| <input type="checkbox"/> Assisted Living | <input type="checkbox"/> Nutrition |
| <input type="checkbox"/> Clinical Behavioral Support Services | <input checked="" type="checkbox"/> Personal Supports |
| <input type="checkbox"/> Group Day Supports | <input checked="" type="checkbox"/> Respite |
| <input type="checkbox"/> Health Care Coordination | <input type="checkbox"/> Community Living Arrangement |
| <input type="checkbox"/> Independent Support Brokers | <input type="checkbox"/> Supported Employment |
| <input checked="" type="checkbox"/> Individualized Day Supports | <input checked="" type="checkbox"/> Transportation |
| <input checked="" type="checkbox"/> Individualized Home Supports | |

For a description of the services listed above please click on the link below:

Towns Served:

BETHLEHEM	CHESHIRE	MIDDLEBURY	MORRIS	NEWTOWN	OXFORD	PLAINVILLE
PORTLAND	SEYMOUR	SOUTHBURY	SOUTHINGTON	THOMASTON	WATERBURY	WATERTOWN
WOLCOTT	WOODBURY					



State of Connecticut
Department of Developmental Services
460 Capital Avenue, Hartford, CT 06106

Provider Profile

Information provided by the provider describing their agency:

My name is Jacelyn Mitchell. I am a fully Insured Certified Fitness Trainer. I own and operate my business, Exclusively Personal, LLC. I offer personal assistance with physical and nutritional supports and implement a beneficial sound fitness program to help reach your goals. I train consumers of various ages along with providing services to seniors and kids. I work with people on many levels of ability and disability. I provide the needed equipment and travel to your home through out the West Region of the state. As a Vendor for the State of Connecticut, I can offer to DDS case managers assistance with consumers who may benefit from one-on-one programs specifically designed on an individual basis consisting of exercise and nutritional guidance. I have worked in this field for 20 plus years and currently service many DDS residents on a structured basis. We work together on physical fitness, as well as, learning how to make healthy food choices with positive reinforcement of optimal health and well-being. The main objective to the services that I provide is to increase your over all health, well-being and help in assisting you on the importance of exercise and healthy eating. My certifications include: Certified Fitness Trainer, Youth Fitness Trainer, Senior Fitness Specialist, Nutritional Coach, Certified in Exercises for People with Developmental Disabilities, Trauma Disorders, CPR, First Aide.

Link to Quality Profile http://www.ct.gov/dds/lib/dds/provider_qsr/2216_QSR1.pdf

Last Update: 12/2/2009